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Drug Education Resources Directory

Senior Resources: Grades 11-13

Compiled by
Barbara J. Steep

ARF Addiction Research Foundation
Fondation de la recherche sur la toxicomanie

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DRUG EDUCATION RESOURCES DIRECTORY

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ARF Addiction Research Foundation
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Inclusion of materials in this Directory does not in any way imply endorsement; neither does exclusion imply lack of endorsement. Users are advised to assess carefully the materials they are considering using to ensure that they are appropriate for the intended audience and purpose. Information about errors or suggestions for additions should be addressed to the Addiction Research Foundation, Prevention and Health Promotion Programs, 33 Russell Street, Toronto, Ontario M5S 2S1.

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ISSN 0843-6223
ISBN 0-88868-171-2 (set)
ISBN 0-88868-175-5 (Grades 11-13)

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Preface

The *ARF Drug Education Resources Directory*, has been developed to familiarize educators with a variety of print and audio-visual materials that may be used for teaching children and adolescents about drugs (including alcohol and tobacco) and lifestyle choices. The materials listed are intended for school use; however, many are also appropriate to other educational settings or the home environment.

The Directory is organized into six modules: *Primary Resources* (for Kindergarten to Grade 3); *Junior Resources* (for Grades 4-6); *Intermediate Resources* (for Grades 7-10); *Senior Resources* (for Grades 11 to the end of secondary school); *Répertoire des ressources éducatives sur les drogues* (French resources for Kindergarten to the end of secondary school); and *Recommended Films and Videotapes* (for Kindergarten to the end of secondary school). The modules stand on their own; however, the films and videotapes module may be used as a companion to each of the primary resources, junior resources, intermediate resources, and senior resources modules.

The French-language resources module has its own listing of French films and videotapes. In addition, throughout the English-language modules, materials are especially noted if they are also available in French.

Each module, except *Recommended Films and Videotapes*, includes a very brief selection of key reference materials for educators. Most are books; however, it should be noted that no other books for teacher use have been identified since the number of possible inclusions is very extensive and beyond the scope of the Directory.

Films and videotapes listed in the Directory have been reviewed and recommended for purchase by the ARF Audio/Visual Assessment Committee (publisher of Projections). Each film has been evaluated and assigned a rating on a six-point scale based on scientific accuracy, emotional and visual impact, usefulness to the target audience, and effectiveness in assisting people with alcohol and other drug-related decisions. The pamphlets, curricula, teaching kits, and other classroom resources have generally not been evaluated. (Exceptions have been noted in the text.) Also, users should be aware that there may be charges for the items listed.

Our intention has been to create an inventory of resources for classroom use that are current and readily accessible and have a Canadian focus. Some non-Canadian materials that are widely used and known to be relevant and easily accessible have also been included. Therefore, the Directory presents the range of materials currently available rather than a vetted selection.

Although materials were rigorously solicited, no directory of resources could be complete for long in a field where new products are constantly being developed. We apologize for any errors or omissions and would welcome suggestions for additions to the collection.

Acknowledgments

The author wishes to thank Larry Hershfield and Henry Schankula for their role in launching the development of the *Drug Education Resources Directory*. As well, I would like to thank Andrea Stevens-Lavigne for her help in managing the project; Debbie Chapman for her assistance in identifying and procuring resources; Gloria Silverman and Peter Loranger for bringing the Directory to publication; Lia Hatashita for her editorial assistance; Judy Nugent for her contribution during the early phase of the project; and Bie Engelen, Joanne Anquist, and Linda Vandenakker for their excellent clerical support.

Thanks are also due to the following people for their input and advice during the pilot testing of the Directory: Sue Amos, Chuck Ainslie, Marilyn Bowers, Julie Boucher, Richard Brown, Dave Connell, Ludovic D'Souza, Diane Domelle, Judy Hills, Joan Hurley, Wendy Jackson, Mary Johnston, Linda Lowery-Bell, Lydia Stewart, Gloria Torrance, and Don Walker.

Finally, the Addiction Research Foundation gratefully acknowledges the contributions of Maurice Boutet and Barbara Johnston, of the Ontario Ministry of Education, who made it possible for all Ontario public and separate schools to have copies of the Directory.

Title:	**Addiction Research Foundation Fact Sheet Series** (Also available in French)
Subject:	Drugs
Target Group:	Grades 9-12
Format:	Pamphlet
Date of Publication:	Revised 1989
Publisher/Producer:	Addiction Research Foundation
Description:	Each fact sheet includes sections on the appearance, history, and short- and long-term effects of use. The series includes the following brochures: Alcohol, Amphetamines, Barbiturates, Cannabis, Hallucinogens, LSD, Opiates, PCP, Inhalants, Tobacco, Tranquillizers, Cocaine, and Caffeine.
Suggested Use:	General reference
Available From:	Addiction Research Foundation Bookstore* 33 Russell Street Toronto, ON M5S 2S1 (416) 595-6059

* Or the Addiction Research Foundation office in your area.

Title:	**Alcohol and Drug Concerns Fact Sheet Series**
Subject:	Drugs
Target Group:	Grades 8-12
Format:	Colored pamphlets
Date of Publication:	1989
Publisher/Producer:	Alcohol and Drug Concerns Inc.
Description:	This series of five brochures provides information on the short- and long-term effects of common examples of hallucinogenics, depressants, stimulants, and over-the-counter drugs. The titles in this series are: 1) Barbiturates, Minor Tranquillizers; 2) Crack; 3) LSD, PCP; 4) Solvents, Alcohol; and 5) Tobacco, Cannabis.
Suggested Use:	General reference
Available From:	Alcohol and Drug Concerns Inc. 11 Progress Avenue, Suite 200 Scarborough, ON M1P 4S7 (416) 293-3400

Title:	**Alcohol - Do You Know Enough About It?** (Also available in French)
Subject:	Alcohol
Target Group:	Grades 4-12
Format:	Pamphlet, 15 p.
Date of Publication:	Revised July 1979, reprinted 1989
Publisher/Producer:	Addiction Research Foundation
Description:	This pamphlet contains facts on the wide range of effects that alcohol has on the body as well as information on how drinking behavior can affect the individual, family, and society. Illustrations are combined with factual information to deliver accurate and easy-to-read messages on alcohol.
Suggested Use:	General reference
Available From:	Addiction Research Foundation Bookstore* 33 Russell Street Toronto, ON M5S 2S1 (416) 595-6059

* Or the Addiction Research Foundation office in your area.

Title:	**Alcohol Knowledge Survey** (Also available in French)
Subject:	Alcohol
Target Group:	Grades 10-12
Format:	Four-page pamphlet and insert containing answers
Date of Publication:	Revised 1985, reprinted 1989
Publisher/Producer:	Addiction Research Foundation
Description:	This survey poses 15 multiple-choice questions on alcohol and its effects on the body. Detailed answers are provided in a discussion sheet which accompanies the questionnaire.
Suggested Use:	Self-teaching device or discussion starter
Available From:	Addiction Research Foundation Bookstore* 33 Russell Street Toronto, ON M5S 2S1 (416) 595-6059

* Or the Addiction Research Foundation office in your area.

Title:	**Alcoholism and the Family**
Subject:	Alcohol
Target Group:	Grades 7-12
Format:	Pamphlet, 12 p.
Date of Publication:	1978, reprinted 1989
Publisher/Producer:	Addiction Research Foundation
Description:	When a family member is drinking, children as well as adults become angry, tense, and resentful as they try to adjust to the situation. In order to cope with the situation, it is important that the drinker be confronted and assisted in seeking help. This pamphlet suggests ways in which families can deal with their problems at the same time supporting the family member who is drinking too much.
Suggested Use:	General reference
Available From:	Addiction Research Foundation Bookstore* 33 Russell Street Toronto, ON M5S 2S1 (416) 595-6059

* Or the Addiction Research Foundation office in your area.

Title:	**Alcoholism: A Merry-Go-Round Named Denial**
Subject:	Alcohol
Author:	Kellerman, J.L.
Target Group:	Grades 10-12
Format:	Pamphlet, 12 p.
Date of Publication:	1972, reprinted 1989
Publisher/Producer:	Addiction Research Foundation
Description:	In this brochure the disease of alcoholism is compared to a three-act play involving the alcoholic, the enabler, the victim, and the provocatrice. Each person plays an important role in the alcoholic's life either by blaming the alcoholic for his drinking or denying that the drinking constitutes a problem. The author explains that the merry-go-round of blame and denial is key to understanding the alcoholic and his drinking.
Suggested Use:	General reference
Available From:	Addiction Research Foundation Bookstore* 33 Russell Street Toronto, ON M5S 2S1 (416) 595-6059

* Or the Addiction Research Foundation in your area.

Title:	**A Better Way**
Subject:	Alcohol, drugs
Target Group:	Grades 7-12
Format:	Pamphlet
Date of Publication:	1986
Publisher/Producer:	Saskatchewan Alcohol and Drug Abuse Commission (SADAC)
Description:	*A Better Way* aims to encourage teenagers to say no to alcohol and other drugs. Examples of strategies for refusing and avoiding drugs are provided.
Suggested Use:	Classroom or other educational setting. Also suitable for independent learning.
Available From:	Saskatchewan Alcohol and Drug Abuse Commission 3475 Albert Street Regina, SK S4S 6X6 (306) 787-4085

Title:	**Can I Take This if I'm Pregnant?**
Subject:	Alcohol, drugs
Target Group:	Grades 9-12
Format:	Pamphlet, 8 p.
Date of Publication:	Revised 1984, reprinted 1989
Publisher/Producer:	Addiction Research Foundation
Description:	The use of drugs during pregnancy can be dangerous to the health of the unborn child. This pamphlet provides information on the risks substances such as alcohol, caffeine, antacids, pain remedies, and cold medications pose during pregnancy.
Suggested Use:	General reference
Available From:	Addiction Research Foundation Bookstore* 33 Russell Street Toronto, ON M5S 2S1 (416) 595-6059

*Or the Addiction Research Foundation office in your area.

Title:	**Coffee, Tea, and Me, and...** (Also available in French)
Subject:	Drugs
Target Group:	Grades 7-12
Format:	Fold-out poster
Date of Publication:	1980, reprinted 1989
Publisher/Producer:	Addiction Research Foundation
Description:	This poster-pamphlet outlines the history of various drugs, the medical and non-medical aspects of drug use, the effects of drugs and how these effects are produced, and a discussion of factors contributing to drug dependence.
Suggested Use:	General reference, display as a wall chart
Available From:	Addiction Research Foundation Bookstore* 33 Russell Street Toronto, ON M5S 2S1 (416) 595-6059

* Or the Addiction Research Foundation office in your area.

Title:	**Drinking Myths**
Subject:	Alcohol
Target Group:	Grades 9-12
Format:	Pamphlet with illustrations
Date of Publication:	Revised 1987
Publisher/Producer:	Wisconsin Clearinghouse on Drug and Alcohol Information
Description:	*Drinking Myths* debunks 38 erroneous notions about the effects alcohol has on people.
Suggested Use:	Classroom or other educational setting
Available From:	Wisonsin Clearinghouse on Drug and Alcohol Information P.O. Box 1468 Madison, WI 53701 (608) 263-2797

Title:	**Drug Knowledge Survey** (Also available in French)
Subject:	Drugs
Target Group:	Grades 10-12
Format:	Four-page pamphlet with insert containing answers
Date of Publication:	Revised 1985, reprinted 1989
Publisher/Producer:	Addiction Research Foundation
Description:	Popular misconceptions about drugs other than alcohol are dealt with in this 15-item questionnaire. A discussion sheet with detailed explanations accompanies the questionnaire.
Suggested Use:	Useful as a self-learning device or discussion starter
Available From:	Addiction Research Foundation Bookstore* 33 Russell Street Toronto, ON M5S 2S1 (416) 595-6059

* Or the Addiction Research Foundation office in your area.

Title:	**Drug Reference Chart**
Subject:	Drugs
Target Group:	Grades 9-12
Format:	Fold-out pamphlet
Date of Publication:	1983
Publisher/Producer:	Council on Drug Abuse
Description:	This fold-out pamphlet provides brief information on alcohol, hallucinogens, narcotics, nicotine, organic solvents, sedative hypnotics, stimulants, and tranquillizers. The information is organized into a chart and can be useful for quick reference.
Suggested Use:	General reference
Available From:	Council on Drug Abuse 698 Weston Road, Suite 17 Toronto, ON M6N 3R3 (416) 763-1491

Title:	**Drugs and the Law: Where Do We Stand Today?**
Subject:	Law
Target Group:	Grades 9-12
Format:	Pamphlet
Date of Publication:	1982
Publisher/Producer:	Council on Drug Abuse
Description:	This pamphlet contains a general discussion on drug use and the law, a glossary of legal terms, and a chart which summarizes parts of the Food and Drugs Act and the Narcotics Control Act.
Suggested Use:	General reference
Available From:	Council on Drug Abuse 698 Weston Road, Suite 17 Toronto, ON M6N 3R3 (416) 763-1491

Title:	**Fetal Alcohol Syndrome: The Preventable Birth Defect**
Subject:	Alcohol
Target Group:	Grades 9-12
Format:	Pamphlet, 4 p.
Date of Publication:	1985, reprinted 1989
Publisher/Producer:	Addiction Research Foundation in cooperation with the Association of Iroquois and Allied Indians
Description:	This pamphlet answers eight commonly asked questions about alcohol use during pregnancy and includes an interview with a woman who believes her drinking may have damaged her children.
Suggested Use:	General reference
Available From:	Addiction Research Foundation Bookstore* 33 Russell Street Toronto, ON M5S 2S1 (416) 595-6059

* Or the Addiction Research Foundation office in your area.

Title:	**Fifty Most Asked Questions About Smoking and Health ... and the Answers**
Subject:	Tobacco
Target Group:	Grades 9-12
Format:	Pamphlet, 23 p.
Date of Publication:	1984
Publisher/Producer:	Canadian Cancer Society
Description:	In this booklet, questions about smoking and health are answered by experts using the latest scientific and medical research. Examples of questions are: Is there a safe cigarette? Do cigarettes cause other lung diseases? How do most people quit smoking?
Suggested Use:	General reference
Available From:	Canadian Cancer Society Metro Toronto District* 2 Carlton Street, Suite 710 Toronto, ON M5B 2J2 (416) 593-1513

* Or the Canadian Cancer Society in your area.

Title:	**Help a Friend Stop Smoking** (Also available in French)
Subject:	Tobacco
Target Group:	Grades 9-12
Format:	Pamphlet, 11 p.
Date of Publication:	1987
Publisher/Producer:	The Lung Association
Description:	Organized into a question and answer format, this pamphlet provides suggestions for people who wish to encourage a friend to quit smoking.
Suggested Use:	Suitable for high school students who wish to encourage a friend or relative to quit smoking
Available From:	The Lung Association Metropolitan Toronto and York Region* 573 King Street East, Suite 201 Toronto, ON M5A 1M5 (416) 864-1112

* Or the Lung Association in your area.

Title:	**How a Teen Can Help a Friend with an Alcohol or Drug Problem**
Subject:	Alcohol, drugs
Target Group:	Grades 9-12
Format:	Pamphlet
Date of Publication:	1988
Publisher/Producer:	Wisconsin Clearinghouse on Drug and Alcohol Information
Description:	*How a Teen* is a short guide that stresses the importance of helping friends realize how their alcohol or other drug use is affecting them and those around them. There are also suggestions on where to find help.
Suggested Use:	Independent learning
Available From:	Wisconsin Clearinghouse on Drug and Alcohol Information P.O. Box 1468 Madison, WI 53701 (608) 263-2797

Title:	**How to Be a Happy Ex-Smoker**
Subject:	Tobacco
Target Group:	Grades 9-12
Format:	Pamphlet, 24 p.
Date of Publication:	1985
Publisher/Producer:	Canadian Cancer Society
Description:	This guide provides quizzes to help smokers determine when and why they light up, information on ways to quit smoking, and suggestions for remaining smoke-free once they have kicked the habit.
Suggested Use:	General reference
Available From:	Canadian Cancer Society Metro Toronto District* 2 Carlton Street, Suite 710 Toronto, ON M5B 2J2 (416) 593-1513

* Or the Canadian Cancer Society in your area.

Title: **How to Quit Smoking**

Subject: Tobacco

Target Group: Grades 9-12

Format: Pamphlet

Date of Publication: 1984

Publisher/Producer: Canadian Cancer Society

Description: This pamphlet describes a three-step method for quitting smoking. Step 1 involves getting to know why you smoke and learning to substitute other pleasurable activities for smoking. Step 2 is the actual act of quitting. The pamphlet recommends planning the 'quit day' in advance and using the 'tapering off' or 'cold turkey' method. Step 3 involves the process of remaining 'smoke-free.' The pamphlet provides information for coping with some of the symptoms of withdrawal and a list of the rewards being smoke-free offers.

Suggested Use: General reference, self-help

Available From: Canadian Cancer Society
Metro Toronto District*
2 Carlton Street, Suite 710
Toronto, ON
M5B 2J2
(416) 593-1513

* Or the Canadian Cancer Society in your area.

Title:	**If There's an Alcoholic in the Family**
Subject:	Alcohol
Target Group:	Grades 9-12
Format:	Pamphlet, 8 p.
Date of Publication:	Revised 1975, reprinted 1985
Publisher/Producer:	Alberta Alcohol and Drug Abuse Commission
Description:	This pamphlet describes the phases of family involvement in alcoholism and the challenges of sobriety, and encourages getting help from skilled counsellors. It also lists what the family can do to assist with rehabilitation.
Suggested Use:	Independent learning, family discussion, classroom or other educational setting
Available From:	Alberta Alcohol and Drug Abuse Commission 10909 Jasper Avenue, 2nd Floor Edmonton, AB T5J 3M9 (403) 427-7301

Title:	**Know the Score** (Also available in French)
Subject:	Alcohol
Target Group:	Grades 9-12
Format:	Pamphlet, 4 p.
Date of Publication:	1979, reprinted 1989
Publisher/Producer:	Addiction Research Foundation
Description:	When does drinking become hazardous drinking? This colorful pamphlet presents an introduction to the facts about alcohol and relates health risks to the amount of alcohol consumed.
Suggested Use:	Suitable as a general guide to defining risky drinking practices
Available From:	Addiction Research Foundation Bookstore* 33 Russell Street Toronto, ON M5S 2S1 (416) 595-6059

* Or the Addiction Research Foundation office in your area.

Title:	**Let's Talk About Drugs**
Subject:	Drugs
Target Group:	Grades 9-12
Format:	Pamphlet
Date of Publication:	1985
Publisher/Producer:	Health and Welfare Canada
Description:	This pamphlet provides general information about tranquillizers and sleeping pills and outlines some important precautions consumers should exercise when using prescription and over-the-counter medication.
Suggested Use:	General reference
Available From:	Health and Welfare Canada Publications Unit Health Services and Promotion Branch Jeanne Mance Building, 5th Floor Tunney's Pasture Ottawa, ON K1A 1B4 (613) 954-8576

Title: **The Lung Association Fact Sheets on Smoking**
(Also available in French)

Subject: Tobacco

Target Group: Grades 9-12

Format: Pamphlets

Date of Publication: 1986 and 1987

Publisher/Producer: The Lung Association

Description: These fact sheets present clear and concise information on aspects of tobacco use. The series includes:

- Cigarette Smoke
- Is There a Safe Tobacco?
- Pipe and Cigar Smoking
- Second-Hand Smoke
- Questions and Answers on Smoking and Health
- Smoking and the Two of You
- You're Young, You're Female and You Smoke

Suggested Use: General reference

Available From: The Lung Association
Metropolitan Toronto and York Region*
573 King Street East, Suite 201
Toronto, ON
M5A 1M5
(416) 864-1112

* Or the Lung Association in your area.

Title:	**Marijuana: Answers for Young People and Parents** (Also available in French)
Subject:	Drugs
Target Group:	Grades 7-12
Format:	Pamphlet, 32 p.
Date of Publication:	1984, reprinted 1989
Publisher/Producer:	Addiction Research Foundation
Description:	This pamphlet provides information on marijuana and its effects on health. Organized in a question-and-answer format, the pamphlet addresses some common concerns expressed by parents and young people. As well, the pamphlet includes a 20-item true-or-false quiz. Available in French, Italian, Portuguese, and English.
Suggested Use:	Suitable for young people and adults requiring information on cannabis
Available From:	Addiction Research Foundation Bookstore* 33 Russell Street Toronto, ON M5S 2S1 (416) 595-6059

* Or the Addiction Research Foundation office in your area.

Title: **The Marketing of a New Drug**
(Also available in French)

Subject: Drugs

Target Group: Grades 11-12

Format: Flyer, 3 p.

Date of Publication: 1981

Publisher/Producer: Health and Welfare Canada

Description: Before a new drug is offered for sale in Canada it must undergo rigorous testing in order to establish its safety and effectiveness. This flyer traces the route a new drug takes from initial testing until it becomes available for consumer use.

Suggested Use: General reference

Available From: Health and Welfare Canada
Health Protection Branch
2301 Midland Avenue
Educational Services
Scarborough, ON
M1T 4R7
(416) 973-1448

Title:	**Myths About Drinking and Driving** (Also available in French)
Subject:	Impaired driving
Target Group:	Grades 7-12
Format:	Pamphlet, 24 p.
Date of Publication:	1977, reprinted 1989
Publisher/Producer:	Addiction Research Foundation
Description:	This pamphlet debunks 10 basic misconceptions about alcohol and the way it can affect one's ability to operate a motor vehicle safely. The pamphlet makes its point through a mix of humorous illustrations and factual information.
Suggested Use:	Self-learning tool for use in classroom or other educational setting
Available From:	Addiction Research Foundation Bookstore* 33 Russell Street Toronto, ON M5S 2S1 (416) 595-6059

* Or the Addiction Research Foundation office in your area.

Title:	**Only You Can Prevent Drinking and Driving** (Also available in French)
Subject:	Impaired driving
Target Group:	Grades 9-12
Format:	Pamphlet
Date of Publication:	1987
Publisher/Producer:	Ministry of the Attorney General
Description:	This pamphlet provides brief information on the federal and provincial (Ontario) laws pertaining to drinking and driving.
Suggested Use:	High school classes in law, man and society, driving education
Available From:	Ministry of the Attorney General 10 King Street East, 8th Floor Toronto, ON M5C 1C3 (416) 965-7145

Title:	**Play It Smart** (Also available in French)
Subject:	Impaired driving
Target Group:	Grades 9-12
Format:	Fold-out pamphlet
Date of Publication:	1988
Publisher/Producer:	Minister of Supply and Services Canada
Description:	*Play It Smart* presents 12 commonly used excuses for drinking and driving, and a similar number of strongly worded counter-arguments. Readers are reminded that they have a choice whether to drink and drive. They can get a ride with someone who hasn't been drinking, spend the night where they are, or take public transportation.
Suggested Use:	Classroom or other educational setting
Available From:	Health and Welfare Canada Publications Unit Health Services and Promotion Branch Jeanne Mance Building, 5th Floor Tunney's Pasture Ottawa, ON K1A 1B4 (613) 954-8576

Title: **Scriptographic Booklets for Substance Abuse Education**
(Some titles also available in French)

Subject: Alcohol, drugs

Target Group: Grades 9-12

Format: Pamphlets, 15 p. each

Date of Publication: 1988

Publisher/Producer: Scriptographic Communications

Description: Each pamphlet in this series delivers a clear message on an area of addictions using simple line drawings and briefly described facts. The titles in the series are:

- About Addiction
- About Drinking and Driving
- About Stress Management
- About Women and Alcohol
- Alcoholic in the Family...A Guide for Dealing with Drinking Problems
- Drugs and You
- How Alcohol and Drugs Affect Your Driving Skills
- How to Stop Smoking
- Making a Choice about Smoking
- What Every Teenager Should Know about Alcohol
- What Everyone Should Know about Alcohol
- What Everyone Should Know about Alcohol and Health
- What Everyone Should Know about Alcoholism
- What Everyone Should Know about Children of Alcoholics
- What Everyone Should Know about Drug Abuse
- What Everyone Should Know about Wellness
- What You Should Know about Marijuana
- What You Should Know about Peer Pressure
- What Young Adults Should Know about Alcohol and Driving
- Why You Should Say "No!" to Alcohol, Other Drugs, and Driving

Suggested Use: General reference

Available From: Scriptographic Communications
150 Consumers Road, Suite 404
Willowdale, ON
M2J 1P9
(416) 756-1590

Title:	**Scriptographic Fact Sheet Series**
Subject:	Alcohol, drugs
Target Group:	Grades 7-12
Format:	Pamphlet
Date of Publication:	1988
Publisher/Producer:	Scriptographic Communications
Description:	Each pamphlet in this series identifies a drug, its medicinal use (if applicable), its effects on the body, and legal and social implications associated with its use. The titles in the series are: Alcohol, Cocaine, Depressants, Hallucinogens, Heroin, Inhalants, Marijuana, and Stimulants.
Suggested Use:	General reference
Available From:	Scriptographic Communications 150 Consumers Road, Suite 404 Willowdale, ON M2J 1P9 (416) 756-1590

Title:	**Second Hand Smoke**
Subject:	Tobacco
Target Group:	Grades 9-12
Format:	Pamphlet, 7 p.
Date of Publication:	1983
Publisher/Producer:	Canadian Cancer Society
Description:	This pamphlet discusses health concerns such as eye irritation, breathing difficulties, lung impairment, and aggravated allergy symptoms and explains that many of these conditions can be attributed to the effects of second-hand smoke.
Suggested Use:	General reference
Available From:	Canadian Cancer Society Metro Toronto District* 2 Carlton Street, Suite 710 Toronto, ON M5B 2J2 (416) 593-1513

* Or the Canadian Cancer Society in your area.

Title:	**Second Thoughts**
Subject:	Tobacco
Target Group:	Grades 9-12
Format:	Fold-out pamphlet
Date of Publication:	1980
Publisher/Producer:	Canadian Cancer Society
Description:	*Second Thoughts* presents information on the health effects of tobacco and the role the media play in the promotion of smoking. On one side is an example of a tobacco advertisement and an analysis of the messages presented. On the reverse is a discussion of tobacco's effects on health with special attention given to the needs of women and teenagers.
Suggested Use:	Classroom or other educational setting
Available From:	Canadian Cancer Society Metro Toronto District* 2 Carlton Street, Suite 710 Toronto, ON M5B 2J2 (416) 593-1513

*Or the Canadian Cancer Society office in your area.

Title:	**Should You Smoke During Pregnancy?** (Also available in French)
Subject:	Tobacco
Target Group:	Grades 9-12
Format:	Pamphlet
Publisher/Producer:	Canadian Council on Smoking and Health
Description:	This pamphlet discusses risks of smoking during pregnancy to the unborn child and the effects of second-hand smoke on the health of infants and young children. The pamphlet also includes information on quitting smoking and suggestions for ways of coping with the side-effects of nicotine withdrawal.
Suggested Use:	General reference
Available From:	The Lung Association Metropolitan Toronto and York Region* 573 King Street East, Suite 201 Toronto, ON M5A 1M5 (416) 864-1112

* Or the Lung Association in your area.

Title:	**Smoking and Heart Disease**
Subject:	Tobacco
Target Group:	Grades 9-12
Format:	Pamphlet, 6 p.
Publisher/Producer:	Canadian Heart Foundation
Description:	This pamphlet discusses the link between smoking and diseases of the heart and blood vessels.
Suggested Use:	General reference
Available From:	Heart and Stroke Foundation Metro Toronto Chapter* 477 Mount Pleasant Road, 4th Floor Toronto, ON M4S 2L9 (416) 489-7100

* Or the Heart Foundation in your area.

Title:	**Smoking and the Two of You**
Subject:	Tobacco
Target Group:	Grades 9-12
Format:	Pamphlet
Date of Publication:	1983
Publisher/Producer:	Canadian Lung Association
Description:	This pamphlet discusses some of the effects smoking can have on a woman's health and the health of her unborn child.
Suggested Use:	General reference
Available From:	The Lung Association Metropolitan Toronto and York Region* 573 King Street East, Suite 201 Toronto, ON M5A 1M5 (416) 864-1112

* Or the Lung Association in your area.

Title:	**Social Drinking and Alcoholism**
Subject:	Alcohol
Target Group:	Grades 9-12
Format:	Pamphlet, 8 p.
Date of Publication:	Revised 1975, reprinted 1983
Publisher/Producer:	Alberta Alcohol and Drug Abuse Commission
Description:	This pamphlet defines social drinking and how to recognize when social drinking is leading to alcoholism. Different types of drinking patterns are described.
Suggested Use:	Independent learning, classroom setting
Available From:	Alberta Alcohol and Drug Abuse Commission 10909 Jasper Avenue, 2nd Floor Edmonton, AB T5J 3M9 (403) 427-7301

Title: **Stay Real**
(Also available in French)

Subject: Drugs

Target Group: Grades 7-12

Format: Pamphlet

Date of Publication: 1983

Publisher/Producer: Health and Welfare Canada

Description: This booklet contains two main sections: one for young people and one for their parents. Each section presents a discussion of the cannabis issue: short- and long-term risks associated with use, reasons people use cannabis, and factual information about the drug's physical and psychological effects on the body. Between the two sections is a two-page 'discussion starter' called 'Common Ground - Common Sense,' which is intended to help parents and young people talk about the cannabis issue.

Suggested Use: General reference

Available From: Health and Welfare Canada
Publications Unit
Health Services and Promotion Branch
Jeanne Mance Building, 5th Floor
Tunney's Pasture
Ottawa, ON
K1A 1B4
(613) 954-8576

Title:	**Stop Smoking and Stay Trim** (Also available in French)
Subject:	Tobacco
Target Group:	Grades 9-12
Format:	Fold-out pamphlet
Date of Publication:	1987
Publisher/Producer:	The Lung Association
Description:	This brochure provides 10 helpful hints for avoiding weight gain when quitting smoking, as well as basic information about some of the factors that contribute to weight gain among ex-smokers.
Suggested Use:	Suitable for high school smoking cessation programs, or health classes
Available From:	The Lung Association Metropolitan Toronto and York Region* 573 King Street East, Suite 201 Toronto, ON M5A 1M5 (416) 864-1112

* Or the Lung Association office in your area.

Title: **Straight Facts About Drugs and Drug Abuse**
(Also available in French)

Subject: Drugs

Target Group: Grades 9-12

Format: Pamphlet

Date of Publication: 1983, reprinted 1988

Publisher/Producer: Health and Welfare Canada, Health Promotion Directorate

Description: This booklet answers some of the more common questions about drugs and drug abuse. Part I is divided into four sections: What Is a Drug? What Is Drug Abuse? Why Do People Use Drugs? and What Are the Risks of Drug Abuse? Part II presents drug information in chart form under the headings: Name, Description, Origin and Medical Uses, Short and Long Term Effects, Tolerance and Dependence, and Legal Status.

Suggested Use: General reference

Available From: Health and Welfare Canada
Publications Unit
Health Services and Promotion Branch
Jeanne Mance Building, 5th Floor
Tunney's Pasture
Ottawa, ON
K1A 1B4
(613) 954-8576

Title:	**Tar and Nicotine Ratings May Be Hazardous to Your Health**
Subject:	Tobacco
Author:	Kozlowski, L.T.
Target Group:	Grades 9-12
Format:	Pamphlet, 7 p.
Date of Publication:	1982, reprinted 1989
Publisher/Producer:	Addiction Research Foundation
Description:	This pamphlet answers questions about low-yield cigarettes and tar and nicotine ratings. As well, the pamphlet provides advice to smokers who are not ready to quit but wish to reduce their susceptibility to the health risks associated with smoking.
Suggested Use:	General reference
Available From:	Addiction Research Foundation Bookstore* 33 Russell Street Toronto, ON M5S 2S1 (416) 595-6059

* Or the Addiction Research Foundation office in your area.

Title:	**Think. You Don't Have to Drink**
Subject:	Impaired driving
Target Group:	Grades 9-12
Format:	Pamphlet, 8 p.
Date of Publication:	Reprinted 1988
Publisher/Producer:	U.S. Department of Health and Human Services, Office for Substance Abuse Prevention, 5600 Fishers Lane, Rockville, MD 20857
Description:	This pamphlet poses often-asked questions about the use and effects of alcohol. The answers supplied are factual and debunk some of the misconceptions about sobering up and drinking and driving. The pamphlet encourages saying 'no' to alcohol, and touches on legal and social responsibilities.
Suggested Use:	Classroom or other educational setting. Also suitable for independent learning.
Available From:	National Clearinghouse for Alcohol and Drug Information P.O. Box 2345 Rockville, MD 20852 (301) 468-2600

Title:	**What You Should Know About Marijuana**
Subject:	Drugs
Target Group:	Grades 9-12
Format:	Pamphlet
Date of Publication:	1986
Publisher/Producer:	The Lung Association
Description:	This pamphlet utilizes a question-and-answer format to convey information on marijuana and its physical and psychological effects.
Suggested Use:	General reference
Available From:	The Lung Association Metropolitan Toronto and York Region* 573 King Street, Suite 201 Toronto, ON M5A 1M5 (416) 864-1112

* Or the Lung Association in your area.

Title:	**Why Quit Smoking?** (Bilingual)
Subject:	Tobacco
Target Group:	Grades 9-12
Format:	Pamphlet
Publisher/Producer:	Heart and Stroke Foundation
Description:	This pamphlet provides solid evidence for quitting smoking, suggestions for quitting, and information on symptoms of withdrawal.
Suggested Use:	General reference
Available From:	Heart and Stroke Foundation Metro Toronto Chapter* 477 Mount Pleasant Road 4th Floor Toronto, ON M4S 2L9 (416) 489-7100

* Or the Heart and Stroke Foundation in your area.

Title: **A Biomonitoring Program: Carbon Monoxide, Pollution and Tobacco Smoking. A Program Guide**

Subject: Tobacco

Target Group: Grades 9-12

Format: Loose-leaf booklet, 58 p.

Date of Publication: 1981

Publisher/Producer: Ontario Lung Association

Description: The lesson plans in this teaching guide utilize four pieces of monitoring equipment to assess the physiological effects of tobacco smoke and carbon monoxide on health. Its aim is to influence young people to quit smoking or not to start, and to increase their awareness about the sources of air pollution. The program guide includes four lesson plans, instructions for operating the monitoring equipment, background information on tobacco smoking and carbon monoxide pollution, and a resource list of supplementary materials available from the Lung Association. Trained Lung Association teachers are available to provide classroom presentations and professional development for health educators in some parts of the province.

Suggested Use: Suitable for high school health and science classes

Available From: The Lung Association
Metropolitan Toronto and York Region*
573 King Street East, Suite 201
Toronto, ON
M5A 1M5
(416) 864-1112

* Or the Lung Association in your area.

Title:	**Booze**
Subject:	Alcohol
Author:	Sallows, J.R.
Target Group:	Grades 9-12
Format:	Package contains: 1 director's copy, 71 p.; 10 individual scripts, 32 p.
Date of Publication:	1983
Publisher/Producer:	Addiction Research Foundation
Description:	Comprising six separate vignettes (used individually or together), this 60-minute theatrical production presents information on the effects of alcohol. The play includes contemporary jargon, characters, and situations which are familiar to most high school audiences. Suggestions for casting, lighting, and rehearsals are contained in the director's copy which accompanies the script.
Suggested Use:	Theatre arts classes or as an extracurricular activity
Available From:	Addiction Research Foundation Bookstore 33 Russell Street Toronto, ON M5S 2S1 (416) 595-6059

Title:	**CASPAR Alcohol Education Program. Decisions About Drinking: A Sequential Alcohol Education Curriculum for Grades 3-12**
Subject:	Alcohol
Target Group:	Grades 3-12
Format:	Curriculum, loose-leaf binder
Date of Publication:	1979
Publisher/Producer:	CASPAR Alcohol Education Program
Description:	A sequential alcohol education curriculum for Grades 3-12 consisting of lesson plans, learning activities, suggested methods for teaching about alcohol, and background information and resources for the teacher.
Evaluation:	Evaluated by CASPAR. Findings reported in *Alcohol, Health and Research World*, 3 (3), 14-20 Winter 1978.
Suggested Use:	Classroom or other educational setting
Available From:	CASPAR Alcohol Education Program Somerville Public School Faculty Curriculum Team Somerville, MA 02143 (617) 623-2079

Title:	**Countdown for Youth**
Subject:	Tobacco
Target Group:	Grades 9-12
Format:	Booklet
Date of Publication:	1988
Publisher/Producer:	The Lung Association
Description:	The intent of this program is to heighten awareness among young people of the short- and long-term effects of smoking, to reduce or eliminate smoking behavior, and to encourage students to develop a positive self-image. The program consists of five lessons which cover: the reasons people smoke, techniques to quit, physiological and psychological effects of smoking, withdrawal symptoms, and the benefits of quitting. The program includes instructions for the leader of smoking cessation programs and handouts for participants.
Suggested Use:	Smoking cessation programs for high school students
Available From:	The Lung Association Metropolitan Toronto and York Region* 573 King Street East, Suite 201 Toronto, ON M5A 1M5 (416) 864-1112

* Or the Lung Association in your area.

Title:	**A Do-It-Yourself Quit Smoking Course**
Subject:	Tobacco
Target Group:	Grades 9-12
Format:	Booklet, 42 p.
Publisher/Producer:	Ontario Heart Foundation
Description:	This step-by-step program for quitting smoking is organized into three chapters. Chapter one examines the reasons smokers light up and teaches them to reduce the number of times they smoke 'automatically.' Chapter two deals with the actual process of quitting, and chapter three offers encouraging advice to assist people to remain smoke-free.
Suggested Use:	General reference, self-help
Available From:	Heart and Stroke Foundation Metro Toronto Chapter* 477 Mount Pleasant Road Toronto, ON M4S 2L9 (416) 489-7100

* Or the Heart Foundation office in your area.

Title:	**Drive Alive: A New Look at Drinking and Driving and Teens**
Subject:	Impaired Driving
Target Group:	Grades 10-12
Format:	A Leader's Resource for Parent Groups, 51 p.; A Teacher's Resource Guide for Senior High School, 117 p.; Making a Difference (videotape), VHS, 18 min.
Date of Publication:	1988
Publisher/Producer:	Alberta Alcohol and Drug Abuse Commission
Description:	This comprehensive program package for senior high school students can be used in whole or in part. It is designed to increase knowledge of key issues related to impairment and driving and to heighten awareness of adolescent developmental concerns. The program consists of a Teacher's Resource Guide, a Leader's Resource Guide for Parents and a videotape entitled *Making a Difference* which features examples of projects Alberta teenagers have launched to raise awareness about drinking and driving.
Suggested Use:	Classroom or other educational setting. Also suitable for presentations to parents and community groups.
Available From:	Alberta Alcohol and Drug Abuse Commission Production and Distribution 10909 Jasper Avenue, 2nd Floor Edmonton, AB T5J 3M9 (403) 427-7301

Title:	**Drug Abuse: Questions and Answers**
Subject:	Drugs
Target Group:	Grades 11-12
Format:	Brochure, 16 p.
Date of Publication:	1986
Publisher/Producer:	Council on Drug Abuse
Description:	This brochure provides answers to commonly asked questions such as: What is drug abuse? What drugs are likely to be abused? and What are the signs of drug abuse? A glossary of slang terms related to drugs and drug use is provided at the back of the pamphlet.
Suggested Use:	General reference
Available From:	Council on Drug Abuse 698 Weston Road, Suite 17 Toronto, ON M6N 3R3 (416) 763-1491

Title: **Drug and Alcohol Information Line**
(Also available in French)

Subject: Alcohol, drugs, community resources, treatment facilities, health promotion and prevention resources

Target Group: Grades 7-12

Format: Telephone information service. Direct access for touchtone callers.

Publisher/Producer: Addiction Research Foundation

Description: A province-wide service of the Addiction Research Foundation, the Drug and Alcohol Information Line provides two main services: 1) Access to a library of more than 60 audio-taped messages on alcohol and other drug topics; and 2) An information service which provides information and referrals to appropriate treatment and/or other resources throughout Ontario. Information is provided in a confidential and anonymous manner. The service operates from 9:00 a.m. to 9:00 p.m., seven days a week except holidays. The service is available in English and French. A limited selection of information messages in Chinese (Cantonese), Greek, Italian, Portuguese, and Spanish will be available to callers with touchtone telephones in the summer of 1989.

Available From: To access the Drug and Alcohol Information Line call: 595-6111 (in Metro Toronto)
1-800-387-2916 (Ontario toll-free)

Transcripts can be purchased from:
Addiction Research Foundation
Bookstore
33 Russell Street
Toronto, ON
M5S 2S1
(416) 595-6059

A directory of audio-taped messages is available through the ARF office in your community or by calling the Drug and Alcohol Information Line.

Title:	**Fine Lines** (Also available in French)
Subject:	Alcohol
Target Group:	Grade 12, university and community college students
Format:	Booklet, 14 p.
Date of Publication:	1986
Publisher/Producer:	Health and Welfare Canada
Description:	This booklet contains information on alcohol which is specific to the concerns of young women. Examples of the issues covered are alcohol and relationships, drinking and driving, the effects of alcohol on physical attractiveness, saying 'no' to a drink, and being a responsible host.
Suggested Use:	General reference
Available From:	Health and Welfare Canada Health Promotion Directorate Ontario Region 102 Bloor Street West, Suite 410 Toronto, ON M5S 1M8 (416) 973-6484

Title: **Here's Looking at You, 2000: A Teacher's Guide for Alcohol and Drug Education**

Subject: Alcohol, drugs, tobacco

Target Group: Kindergarten - Grade 12

Format: Curriculum kits for Kindergarten and Grade 1, each of Grades 2, 3, 4, 5, and 6, Grades 7 to 9, and Grades 10 to 12. Supplementary materials accompanying curriculum kits include audio-visual resources, overheads, teacher guides, posters, game cards, puppets, photo boards, and puzzles.

Date of Publication: 1982, revised 1985

Publisher/Producer: Comprehensive Health Education Foundation

Description: This multi-component program provides information on the effects of tobacco, alcohol, and other drugs, and skill-building exercises to assist students to effectively manage situations involving drugs. Consisting of a curriculum kit for each grade, the program is delivered by classroom teachers, is cumulative, and presents information and skill-building opportunities that are tailored to the learning needs of students at each grade level. For example, in Grade 4 students learn what it is like to live with a chemically dependent family member through the story Pinto the Cat. In the Grades 10 through 12 program more sophisticated issues are introduced, such as: drinking and driving, fetal alcohol syndrome, and cocaine. Throughout the program students learn factual information about commonly abused substances as well as skills in the following areas: decision-making, problem-solving, social competence, and stress management. Teacher training for *Here's Looking at You, 2000* is not mandatory for the delivery of this program but is available from: Roberts, Futzmaham and Associates, 9131 California Ave. S.W., Seattle, WA, 98136-2599, (206) 932-8409. Updates to the earlier version, *Here's Looking at You Two*, are also available.

Suggested Use: Classroom settings

Available From: Comprehensive Health Education Foundation
22323 Pacific Highway South
Seattle, WA 98198-5997
(206) 824-2907

Title:	**High School Accident Reduction Program (HARP)**
Subject:	Impaired driving
Target Group:	Grades 9-12
Format:	Book, videotape
Date of Publication:	1983
Publisher/Producer:	Peel Regional Police
Description:	The Peel Regional Police Force, in cooperation with representatives from the school board and coroners' and crown attorneys' offices, has researched and developed *HARP* as a means of educating the community about impaired driving. The program offers five phases of instruction: 1) a media forum, 2) a 70-minute classroom presentation using the *HARP* videotape, 3) an audio cassette of a panel discussion on drinking and driving, 4) a speakers' bureau, and 5) presentations to adult audiences. The primary target group is Grade 11 students; however, phases 1 and 5 are suitable for the general community.
Suggested Use:	Classroom or other educational setting
Available From:	Peel Regional Police 7750 Hurontario Street Brampton, ON L6V 3W6 (416) 453-3311

Title: **High School Education to Reduce Impaired Driving**

Subject: Impaired driving

Target Group: Grade 11

Format: Binder containing lesson plans, masters for overhead transparencies, resource pamphlets, and a questionnaire and scoring key.

Date of Publication: 1985

Publisher/Producer: Addiction Research Foundation

Description: The aim of this resource package is to provide high school students with an opportunity to learn about the effects of alcohol and cannabis on driving ability and to understand some of the factors which play a part in making impaired driving a major problem in our society today. The resource package contains three lesson plans which can be used independently or in a series. Each lesson is one hour in length and self-contained with all educational resources and aids provided or easily accessed.

Evaluation: The results of the evaluation of the drinking and driving lesson plans can be obtained from the Hamilton Centre of the Addiction Research Foundation, Suite 508, 20 Hughson Street South, Hamilton, Ontario L8N 2A1, (416) 525-1250.

Suggested Use: Grade 11 classes in health, law, man and society, biology

Available From: Addiction Research Foundation
Bookstore
33 Russell Street
Toronto, ON
M5S 2S1
(416) 595-6059

Title:	**High School Hints: Creating a Smoke-Free School**
Subject:	Tobacco
Target Group:	Grades 9-12
Format:	Booklet, 22 p.
Date of Publication:	1989
Publisher/Producer:	The Lung Association
Description:	This booklet contains suggestions for activities students can implement in their schools and communities to raise awareness about the hazards of smoking tobacco. Examples are health fairs, school assemblies, cold turkey contests, demonstrations using the Lung Association's biomonitoring equipment, and an integrated approach to tobacco education.
Suggested Use:	General reference
Available From:	The Lung Association Metropolitan Toronto and York Region* 573 King Street East, Suite 201 Toronto, ON M5A 1M5 (416) 864-1112

*Or the Lung Association in your area.

Title:	**The Journal**
Subject:	Drugs, alcohol
Target Group:	Grades 11-12
Format:	Tabloid newspaper
Date of Publication:	Monthly
Publisher/Producer:	Addiction Research Foundation
Description:	Published monthly by the Addiction Research Foundation, *The Journal* contains information on important developments in the drug and alcohol field in North America and around the world. Examples of regular contributions to *The Journal* include correspondent reports from a network of medical writers and commentators, in-depth coverage of all major conferences, and interviews with well-known figures in the addictions field.
Suggested Use:	General reference for teachers and senior high school students
Available From:	Addiction Research Foundation Bookstore 33 Russell Street Toronto, ON M5S 2S1 (416) 595-6059

Title: **Lungs Are for Life**
(Also available in French)

Subject: Tobacco

Target Group: Kindergarten - Grade 12

Format: Binder containing resource packages for Kindergarten-Grade 3, Grades 4-6, Grades 7 and 8, and Grades 9-12. Each unit contains teaching guidelines, overheads, and pamphlets.

Date of Publication: 1986

Publisher/Producer: Ontario Lung Association

Description: *Lungs Are for Life* is a comprehensive program providing lesson plans, audio-visual aids, hands-on activities, and follow-up ideas. The program consists of four units: Kindergarten-Grade 3, Grades 4-6, Grades 7 and 8, and Grades 9-12. Each unit covers respiratory health, physiology, and smoking prevention. The specific topics and activities in each unit are designed to be appropriate to the age level of the students. For example, in the primary division (Kindergarten-Grade 3) general topics such as practising healthy habits are discussed, whereas in later units, decision-making skills, handling peer pressure, and smoking and pregnancy are dealt with.

Suggested Use: Classroom or other educational setting

Available From: The Lung Association
Metropolitan Toronto and York Region*
573 King Street East, Suite 201
Toronto, ON
M5A 1M5
(416) 864-1112

* Or the Lung Association in your area.

Title: **Make the Most of You**

Subject: Alcohol, drugs

Target Group: Grades 7-12

Format: Booklets, pamphlets, *Zoot: The Magazine*, videotapes, audio cassettes, posters

Date of Publication: 1981

Publisher/Producer: Alberta Alcohol and Drug Abuse Commission

Description: *Make the Most of You* is a multi-media prevention program consisting of pamphlets, booklets, posters, radio and television advertisements, and *Zoot: The Magazine.* Developed by AADAC and launched in 1981, the program targets young people aged 12 to 17 and emphasizes the development of responsible independence as well as understanding the positive and negative aspects of peer influence, role modelling, adult support, the development of social competence, the role of deliberate self-development, and perspectives on the use of intoxicants. Program materials used in the *Make the Most of You* campaign can be applied in educational, recreational, and family settings, and include 24 television commercials, *Zoot: The Magazine*, 20 posters, 15 printed advertisements, and a series of 6-page pamphlets on the themes of developing independence, peer influence, role modelling, social competence, making the most of you, and parents, kids, drugs, and booze.

Suggested Use: Recreational or educational setting. Many of the materials are also suitable for family discussion.

Available From: Alberta Alcohol and Drug Abuse Commission
Production and Distribution
10909 Jasper Avenue, 2nd Floor
Edmonton, AB
T5J 3M9
(403) 427-7319

Title:	**Me and My Friends and Our Booze**
Subject:	Alcohol
Target Group:	Grades 8-12
Format:	Video teaching package includes 30-minute color video cassette (available in VHS, Beta, or 3/4 in. U-Matic), teacher's guide, storybook, buttons, and stickers.
Date of Publication:	1984
Publisher/Producer:	Addiction Research Foundation
Description:	Using an original sound track, this video is the story of a high school rock group which gathers regularly to rehearse in a neighbor's garage. When a film producer arrives to make a commercial featuring the kids, they are surprised to learn that some of the effects they see in advertisements do not resemble real life experiences with alcohol. The videotape contains several vignettes in addition to the main plot. Some of the topics covered include the physical effects of alcohol, refusing to ride with an intoxicated driver, and saying 'no' to a drink.
Suggested Use:	Classroom or other educational setting
Available From:	Addiction Research Foundation Bookstore 33 Russell Street Toronto, ON M5S 2S1 (416) 595-6059

Title:	**Mock Trial Kit**
Subject:	Alcohol
Target Group:	Grades 9-12
Format:	Mock Trial resource binder, 141 p.; student criminal trial booklet, 21 p.; Mock Trial case notes binder
Date of Publication:	1981, revised 1987
Publisher/Producer:	Legal Resource Centre
Description:	The purpose of this teaching resource is to provide teachers with sufficient information to enable them to conduct a mock trial with their students. Consisting of three parts, the kit includes a step-by-step guide to conducting a mock trial, background information on the principles and rules of criminal trials, scripts for students to use during the trial, and a set of notes containing facts and points of law that are relevant to the case being tried. Educators can select from three different cases in 'The Mock Trial Case Notes.'
Suggested Use:	High school law classes
Available From:	Legal Resource Centre Trade Centre South 10047-81 Avenue Edmonton, AB T6E 1W7 (403) 432-5732

Title:	**Mock Trial Study Guide**
Subject:	Impaired driving
Target Group:	Grade 11
Format:	Portfolio contains videotape and binder
Date of Publication:	1987
Publisher/Producer:	Scarborough Board of Education
Description:	This teaching package consists of a study guide and a videotape of a drinking and driving mock trial. The study guide includes directions for using the videotape, background information on drinking and driving, a film and pamphlet resource list, masters for overheads, and classroom activities on issues arising out of the videotape. In addition to being a useful resource for family studies, law, man and society, health, and driver education courses, the Mock Trial Study Guide is also valuable as a tool in planning and implementing a mock trial.
Suggested Use:	High school law and health classes, driver education courses
Available From:	Nancy Rayner Program Department Scarborough Board of Education 140 Borough Drive Scarborough, ON M1P 4N6 (416) 396-7100

Title:	**Mood-Altering Chemicals**
Subject:	Drugs
Target Group:	Grades 9-12
Format:	Book, 59 p., also available as individual pamphlets
Date of Publication:	1987
Publisher/Producer:	Wisconsin Clearinghouse on Drug and Alcohol Information
Description:	*Mood-Altering Chemicals* lists 13 groups and individual mood-altering drugs. It describes for each drug or group of drugs the appearance, history, hazards, effects on the unborn, and legal aspects. The information is also available in individual pamphlets.
Suggested Use:	Independent learning
Available From:	Wisconsin Clearinghouse on Drug and Alcohol Information P.O. Box 1468 Madison, WI 53701 (608) 263-2797

Title:	**Peer Helper Training Manual**
Subject:	Decision-making
Target Group:	Grades 9-12
Format:	Loose-leaf, 93 p.
Date of Publication:	1985
Publisher/Producer:	National Institute of Mental Health
Description:	The *Peer Helper Training Manual* aims to assist school guidance counsellors in planning, developing, and implementing programs to teach youth how to help their peers with academic, social, and personal problems. The manual includes techniques and activities on program preparation, training, communication and helping skills, and evaluation.
Suggested Use:	Educational and recreational settings
Available From:	Wisconsin Clearinghouse on Drug and Alcohol Information P.O. Box 1468 Madison, WI 53701 (608) 263-2797

Title: **Peer Support**

Subject: Decision-making

Target Group: Grades 9-12

Format: Teacher's guide, binder, 213 p.; training plan, spiral-bound, 195 p.

Date of Publication: 1986

Publisher/Producer: Alberta Alcohol and Drug Abuse Commission

Description: The program consists of two manuals: *Teacher's Resource* and *Designing Interpersonal Skills - A Training Plan*. The guide book for teachers provides information on starting and running peer support programs in school settings. *Designing Interpersonal Skills – A Training Program* includes outlines for 12 one-and-a-half-hour training sessions, masters for handouts, and background information for peer coaches. The program involves students in selecting, designing, and managing learning experiences which develop skills that are personally meaningful. Through these experiences students attain new levels of confidence and competence and the ability to recognize and manage difficulties they and their friends may have.

Suggested Use: Educational and recreational settings

Available From: Alberta Alcohol and Drug Abuse Commission
Program Resource Development
10909 Jasper Avenue, 2nd Floor
Edmonton, AB
T5J 3M9
(403) 427-7301

Title: **Peers Helping Peers**

Subject: Decision-making

Target Group: Grades 9-12

Format: Core Team Training: Facilitator's Guide, binder 129 p.; Participant's Handbook, binder 37 p.; Peer Team Training: Facilitator's Guide, binder 125 p.; Participant's Handbook, binder 50 p.

Date of Publication: Core Team Manuals 1987
Peer Team Manuals 1988

Publisher/Producer: Saskatchewan Alcohol and Drug Abuse Commission

Description: The program has two levels of training: Core Team training and Peer Team training. A facilitator's guide and a participant's handbook are available for each level of training. Core Teams which may include a total of 5-10 students, teachers, parents, and administrators, are trained to promote, establish, and maintain a peer support program and are introduced to topics that will be covered in peer team training. Peer Team students are selected and with key Core Team members, take training in creating positive environments, choosing healthy lifestyles, appreciating adolescence, learning new life skills, and using positive peer pressure. Workshops are interactive and include experiential exercises.

Suggested Use: Classroom or other educational setting

Available From: Saskatchewan Alcohol and Drug Abuse Commission
3475 Albert Street
Regina, SK
S4S 6X6
(603) 787-4079

Title: **Ready for the Road**

Subject: Impaired driving

Target Group: Grades 9-12

Format: Envelope containing *Who Says?* 1 p; *What's It To Me?* 10 p.; and *A Friend for Life*, 8 p.

Date of Publication: 1984

Publisher/Producer: Alcohol and Drug Concerns, Inc.

Description: This information kit addresses drinking and driving issues pertaining to youth. It includes: 1) *Who Says?* - a pamphlet explaining the effects of alcohol and other drugs on driving abilities; 2) *What's It To Me?* - a booklet containing facts about the law; the effect of losing your driver's licence; insurance premiums after a conviction; and the high cost of human suffering caused by an impaired driving accident; 3) *A Friend for Life* - a comic book about a group of teenagers, drinking and driving; and 4) *What Do You Know? What Do You Think?* - a 12-item quiz on alcohol and driving skills.

Suggested Use: Classroom or other educational setting

Available From: Alcohol and Drug Concerns, Inc.
11 Progress Avenue, Suite 200
Scarborough, ON
M1P 4S7
(416) 293-3400

Title:	**Safe Passage** (Also available in French)
Subject:	Drugs, fetal alcohol syndrome
Target Group:	Grades 9-12
Format:	Booklet, 12 p.
Date of Publication:	1982
Publisher/Producer:	The Easter Seal Society
Description:	*Safe Passage* discusses some of the factors which contribute to high-risk pregnancies. Some of these factors are the age of the mother, nutrition, maternal illness or disease, and the use of alcohol, tobacco, and other drugs during pregnancy.
Suggested Use:	General reference
Available From:	The Easter Seal Society 24 Ferrand Drive Don Mills, ON M3C 2N2 (416) 421-8377

Title: **The Score on Cannabis**

Subject: Drugs

Target Group: Grades 8-11

Format: Video teaching package contains 30-minute color video cassette (available in VHS, Beta, or 3/4 in. U-Matic), teacher's guide, photo stories, buttons, and stickers

Date of Publication: 1984

Publisher/Producer: Addiction Research Foundation

Description: This drama tells the story of a group of high school students who find their after-school diversion in the local video game hangout. During the organized playoffs, one of the contenders unknowingly consumes cannabis. The drug slows down his reaction time and contributes to his losing the match. Through the experiences of the video game championship, the video introduces information on cannabis, effects on the body, peer influence, and interpersonal relationships.

Suggested Use: Classroom or other educational setting

Available From: Addiction Research Foundation
Bookstore
33 Russell Street
Toronto, ON
M5S 2S1
(416) 595-6059

Title:	**Straight Stuff**
Subject:	Drugs
Author:	Durrant, Ric
Target Group:	Grades 9-12
Format:	Folder with six articles and one discussion guide
Date of Publication:	1987
Publisher/Producer:	Alberta Alcoholism and Drug Abuse Commission
Description:	*Straight Stuff* is an information package containing six articles on drugs and alcohol and a discussion guide for parents and teachers. The articles are reprints of columns which originally appeared in the AADAC periodical *Zoot: The Magazine*. Examples of the topics dealt with are: what a drug is, why people use drugs, and the difference between drug use and abuse.
Suggested Use:	Classroom or other educational setting
Available From:	Alberta Alcohol and Drug Abuse Commission 10909 Jasper Avenue, 2nd Floor Edmonton, AB T5J 3M9 (403) 427-7301

Title: **Tell Someone**

Subject: Alcohol

Target Group: Grades 9-12

Format: Four-minute video; booklet, 24 p.; teacher's guide, 26 p.

Date of Publication: 1987

Publisher/Producer: Alcohol and Drug Recovery Association of Ontario

Description: Children growing up in families where one or both parents are alcoholic experience a range of feelings regarding their parents' drinking. At different times they may feel confusion, anger, shame, guilt, fear, helplessness, or loneliness. *Tell Someone* explores these feelings and provides information on why the alcoholic behaves in the way he/she does. Children from substance-abusing families are encouraged to talk to someone about their concerns and to get help handling the problem.

Suggested Use: Not suitable for general classroom use. Should be used in settings where support is available to assist children from families where substance abuse is a problem.

Available From: Alcohol and Drug Recovery Association of Ontario
1225 King Street East, Suite 3
Cambridge, ON
N3H 3P9
(519) 650-1140

Title:	**You Asked for It**
Subject:	Alcohol, drugs
Author:	Yoast, Richard, et al.
Target Group:	Grades 9-12
Format:	Booklet, 25 p., illustrated
Date of Publication:	1985
Publisher/Producer:	Wisconsin Clearinghouse on Drug and Alcohol Information
Description:	*You Asked for It* provides basic facts on alcohol, other drugs, and teenagers, with special attention to alcohol and marijuana. It also deals with drugs and driving, school, health, and current controversies.
Suggested Use:	Independent learning, use at home and at school
Available From:	Wisconsin Clearinghouse on Drug and Alcohol Information P.O. Box 1468 Madison, WI 53701 (608) 263-2797

Title:	**Alcohol and Drug Policies: A Guide for School Boards** (Also available in French)
Subject:	Alcohol, drugs
Format:	Cerlox-bound booklet, 35 p.
Date of Publication:	1988
Publisher/Producer:	Addiction Research Foundation
Description:	This guide provides background information on drug and alcohol use among adolescents and young adults, and the role school boards can play in preventing substance abuse problems. An example of a school policy is included as well as information on the policy's three components: preventive curriculum, early intervention, and disciplinary action.
Suggested Use:	As a reference for school boards and teachers
Available From:	Addiction Research Foundation Bookstore* 33 Russell Street Toronto, ON M5S 2S1 (416) 595-6059

* Or the Addiction Research Foundation office in your area.

Title:	**Children of Alcoholics: Meeting the Needs of the Young COA in the School Setting**
Subject:	Alcohol
Author:	Morehouse, Ellen R., and Scola, Claire M.
Format:	Booklet, 30 p.
Date of Publication:	1986
Publisher/Producer:	NACoA: National Association for Children of Alcoholics
Description:	The book is divided under the following headings: Characteristics of Children of Alcoholics; Crucial Issues in Alcohol Education and Prevention; Identification of Children of Alcoholics in the School; Providing Counseling and Intervention; Using Local Resources; and Reference Works.
Suggested Use:	General reference
Available From:	NACoA: National Association for Children of Alcoholics 31706 Coast Highway, Suite 201 South Laguna, CA 92677 (714) 499-3889

Title:	**Directory of Alcohol and Drug Treatment Resources in Ontario**
Subject:	Drugs, alcohol
Format:	Book
Date of Publication:	1989
Publisher/Producer:	Addiction Research Foundation
Description:	This comprehensive directory describes more than 350 agencies in Ontario which provide services for alcohol- and other drug-dependent clients. Each entry lists full particulars of the facility, number of beds, intake policy, area served, and other pertinent information. Indexes in the back of the directory facilitate location of services by geographic location, program, and client type.
Suggested Use:	General reference
Available From:	Addiction Research Foundation Bookstore 33 Russell Street Toronto, ON M5S 2S1 (416) 595-6059

Title:	**Drug and Alcohol Law for Canadians**
Subject:	Law
Author:	Solomon, R., Hammond, T., and Langdon, S.
Format:	Handbook, 119 p.
Date of Publication:	1986 (second edition)
Publisher/Producer:	Addiction Research Foundation
Description:	This handbook provides basic information about the drug and alcohol laws of Canada, the related Ontario legislation, and the legal consequences of their violation. It is written in 'lay' terms and most chapters include questions and discussion materials.
Suggested Use:	Classroom or other structured setting; resource for teachers or driver education instructors and other interested adults.
Available From:	Addiction Research Foundation Bookstore 33 Russell Street Toronto, ON M5S 2S1 (416) 595-6059

Title:	**Drugs and Drug Abuse - A Reference Text**
Subject:	Drugs
Author:	Jacobs, M.R., and Fehr, K.O.
Format:	Book, 666 p.
Date of Publication:	1987 (second edition)
Publisher/Producer:	Addiction Research Foundation
Description:	Divided into five sections, this book has an introductory chapter, 'Understanding Drug Use,' which is followed by chapters on the various classes of drugs and the specific drugs that are the most popular in North American society. There follow two sections that deal with drugs of less significance in the overall drug picture, but ones that may be encountered by the professional from time to time. A glossary of terminology and an index of trade names for Canadian and U.S. products are also included.
Suggested Use:	General reference
Available From:	Addiction Research Foundation Bookstore 33 Russell Street Toronto, ON M5S 2S1 (416) 595-6059

Title:	**The Legal Rights, Powers and Obligations of Educators Regarding Student Alcohol and Drug Use** (Also available in French)
Subject:	Alcohol, drugs
Author:	Solomon, Robert
Format:	Cerlox-bound booklet, 25 p.
Date of Publication:	1988
Publisher/Producer:	Addiction Research Foundation
Description:	This detailed guide covers complex legal issues. It was written by Canada's leading expert in drug-related laws and is intended as a companion volume to *Alcohol and Drug Policies: A Guide for School Boards*.
Suggested Use:	As a reference for teachers and principals
Available From:	Addiction Research Foundation Bookstore 33 Russell Street Toronto, ON M5S 2S1 (416) 595-6059

Title: **Prevention Plus: Involving Schools, Parents and the Community in Alcohol and Drug Education**

Subject: Drugs

Format: Book, 324 p.

Date of Publication: 1983

Publisher/Producer: National Institute on Alcohol Abuse and Alcoholism

Description: This guide walks the reader through a comprehensive approach to alcohol and drug abuse prevention. It starts with curricula, moves to programs for parents and community members, discusses intervention that may be needed if the curricula and other prevention programs are to be successful, and deals with policies that can support or impede these efforts. Examples of program materials are provided as well as a description of each program's philosophy, objectives, and implementation steps.

Suggested Use: General reference

Available From: U.S. Department of Health and Human Services
Public Health Services
Alcohol, Drug Abuse and
Mental Health Administration
5600 Fishers Lane
Rockville, MD 20857
(301) 468-2600

Title:	**Schools without Drugs**
Subject:	Drugs
Target Group:	Educators
Format:	Booklet, 78 p.
Date of Publication:	1987
Publisher/Producer:	U.S. Department of Education
Description:	Developed by the U.S. Department of Education, this guide explains how extensive and dangerous drug use is, how it starts and progresses, and how to identify a drug problem. It also recommends strategies and describes model programs for reducing drug use among students.
Suggested Use:	General reference
Available From:	Schools without Drugs Pueblo, CO 81009

Title: **Smoke-Free Spaces for Kids**
(Also available in French)

Subject: Tobacco

Format: Program guide booklet, 6 p.; incentive program pamphlet, 'Smoke-Free Space' desk card, Certificate of Recognition, 'Smoke-Free Workplace' window sticker

Date of Publication: 1989

Publisher/Producer: Canadian Heart Foundation

Description: *Smoke-Free Spaces for Kids* is a program designed to reach kids through those adults who serve as their role models (school officials), and those who control the environment in which children work and play (youth exemplars). The program objectives are to promote non-smoking as the norm, motivate adults who work with young people to set a non-smoking example in spaces where kids are frequent visitors, and create environments where it is OK not to smoke. Incentive items are available to adult role models for creating smoke-free space and arranging education-related activities.

Suggested Use: As a resource for school administrators to encourage the adoption of smoke-free spaces for school-age children

Available From: Heart and Stroke Foundation
Metro Toronto Chapter*
477 Mt. Pleasant Road, 4th Floor
Toronto, ON
M4S 2L9
(416) 489-7100

* Or the Heart and Stroke Foundation in your area.

Title:	**Statistics on Alcohol and Drug Use in Canada and Other Countries – Volume I – Statistics on Alcohol Use**
Subject:	Alcohol
Format:	Book, 407 p.
Date of Publication:	1989
Publisher/Producer:	Addiction Research Foundation
Description:	Based on data available by September 1988, this book contains statistics on the nature, extent, and consequences of alcohol use in Canada and elsewhere in the world.
Suggested Use:	General reference
Available From:	Addiction Research Foundation Bookstore 33 Russell Street Toronto, ON M5S 2S1 (416) 595-6059

Title:	**Statistics on Alcohol and Drug Use in Canada and Other Countries – Volume II – Statistics on Drug Use**
Subject:	Drugs
Format:	Book, 526 p.
Date of Publication:	1989
Publisher/Producer:	Addiction Research Foundation
Description:	Based on data available by September 1988, this book contains statistics on the use, nature, and extent of drug use in Canada and elsewhere in the world.
Suggested Use:	General reference
Available From:	Addiction Research Foundation Bookstore 33 Russell Street Toronto, ON M5S 2S1 (416) 595-6059

Title:	**Theatre for Education and Change**
Subject:	Drugs, alcohol
Author:	Selman, Jan
Format:	Booklet, 48 p.
Publisher/Producer:	Alberta Alcohol and Drug Abuse Commission
Description:	*Theatre for Education and Change* is presented as a tool for promoting awareness and identification of conflicts and problems. It defines what theatre can and cannot do, ways to use theatre and drama, and how to do it well, and it lists resources, sample workplans, promotion strategies, and a glossary of theatre terminology.
Suggested Use:	High school theatre arts classes, community groups
Available From:	Alberta Alcohol and Drug Abuse Commission Production and Distribution 10909 Jasper Avenue, 2nd Floor Edmonton, AB T5J 3M9 (403) 427-7319

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